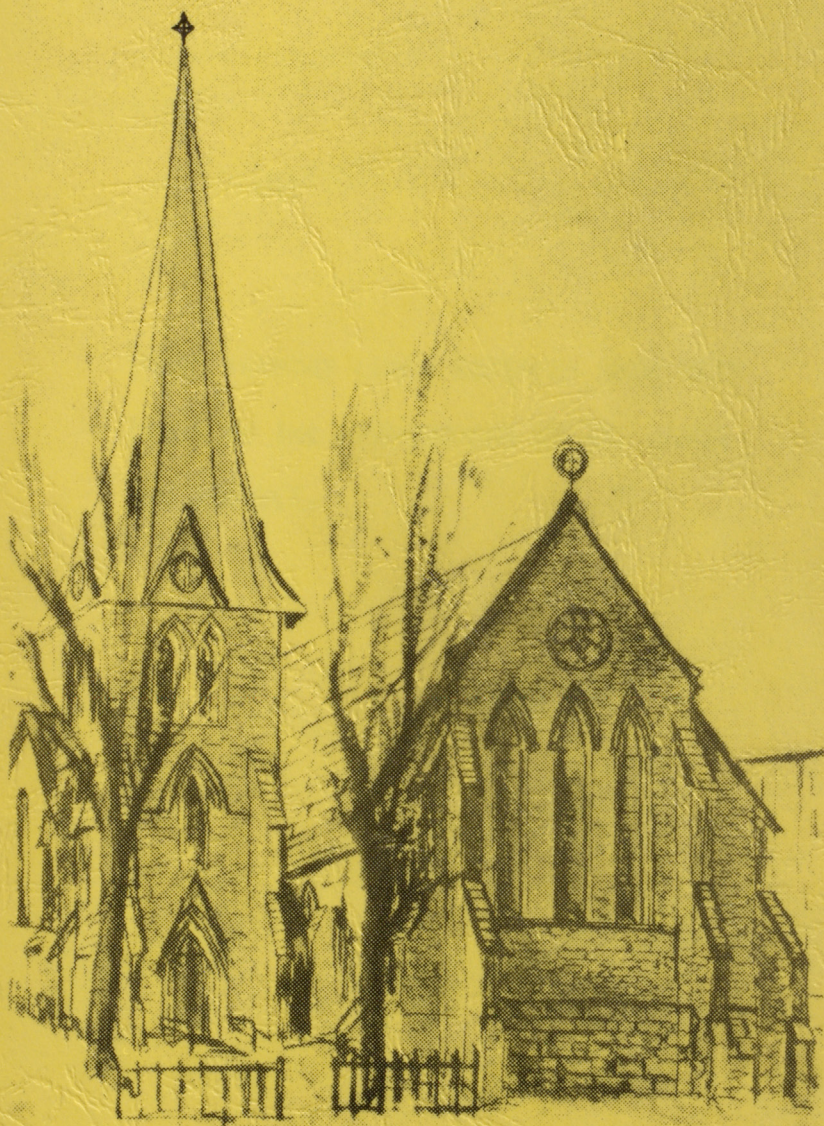


Sunday Lunch Recipes



Church of St. James the Apostle

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TABLE OF CONTENTS

MENU.....	1
SOUPS, SNACKS, STARTERS.....	31
MAIN DISHES.....	38
DESSERTS.....	79

THESE "SUNDAY LUNCH RECIPES" HAVE BEEN
GIVEN BY THE PARISHONERS OF ST. JAMES
THE APOSTLE.

THANK YOU

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TOMATO JUICE
HELEN'S BUNCH QUETTA
SPINACH SALAD
GINGERBREAD/WHIPPED CREAM

TABLE OF CONTENTS

MENUS.....	1
SOUPS, SNACKS, STARTERS.....	31
MAIN DISHES.....	40
DESSERTS.....	79

On Saturday Eve - Helen's Bunch Quetta
Place bread in 9 x 13" pan after removing crusts.
Top with sausage and cheese.
Mix and beat the following:-

4 eggs
2 1/2 cups milk
3/4 tsp. prepared mustard
1/2 tsp. salt

Bake over casserole and let stand overnight in refrigerator.

Sunday 2-2-55

Mix and pour over the meat above:-

1 cup mushroom soup
1 cup milk
1 cup fresh mushrooms

Bake at 350° x 1 1/2 hours.

Rory Wright

TABLE OF CONTENTS

MENUS.....	1
SOUPS, SNACKS, STARTERS.....	31
MAIN DISHES.....	40
DESSERTS.....	72

TOMATO JUICE

HELEN'S BRUNCH SOUFFLE

SPINACH SALAD

GINGERBREAD/WHIPPED CREAM

On Saturday Eve - Helen's Brunch Souffle - Serves 4
generously.

8 slices white bread
3/4 lb. sharp cheese, grated
1 lb. cooked link sausage or sausagemeat

Place bread in 9 x 13" pan after removing crusts.
Top with sausage and cheese.
Mix and beat the following:-

4 eggs
2½ cups milk
3/4 tsp. prepared mustard
½ tsp. salt

Pour over casserole and let stand overnight in refrigerator.

Sunday a.m.

Mix and pour over top the next day:-

1 cup mushroom soup
½ cup milk
1 cup fresh mushrooms.

Bake at 300° x 1½ hours.

Mary Wright

GINGERBREAD - one 9 inch tube cake

1 cup white sugar
1 cup molasses or $\frac{1}{2}$ honey and $\frac{1}{2}$ molasses
1 cup melted margarine
3 eggs

Beat together until smooth.

3 cups sifted white flour
1 tbsp. baking soda
1 tbsp. ginger
2 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg
 $\frac{1}{2}$ tsp. salt
 $1\frac{1}{2}$ cup boiling water

Add dry ingredients alternately with water.
Pour into greased and floured pan.
Bake about 45 mins.
Cool x 15 mins. on wire rack.
Invert cake and sprinkle with icing sugar.

Mary Wright

SPRINGTIME DINNER FOR EIGHT

Menu:

GAZPACHO
CHICKEN A LA RECTORY
RICE AND ALMONDS
GREEN SALAD
ROLLS
FRESH FRUIT SALAD
BROWNIES

CHICKEN:

2 small broilers or 1 large roasting chicken,
quartered
1 large lemon
8 tbsp. butter/margarine
8 tbsp. flour
 $1\frac{1}{2}$ - 2 cups milk
2 1 pint boxes fresh mushrooms
1 small bunch white grapes
4 tbsp. cooking sherry
salt and pepper

On Saturday - Rub chicken with cut lemon using all the juice. Put chicken in pot - add salt, partly cover with cold water. Bring to a boil. Cover, turn down heat and cook until tender. Then reserve stock in fridge. Skin and bone chicken - cut in large pieces.

Sunday a.m. - Make a roux with butter/margarine and flour - add milk. Add enough stock to make right consistency for pouring. Wash and slice mushrooms and grapes. Saute mushrooms and add to sauce. Add sherry and season. Fold in chicken pieces. Cover - then heat and add grapes just before serving.

Mary Wright

A SUMMERY LUNCH:

Creamy Parmesan Fondue

Tomato Salad

A Green Vegetable

Fresh berries & cream for dessert.

CREAMY PARMESAN FONDUE: Serves 4

1½c. milk

2 - 8oz pkgs. cream cheese, softened

$\frac{1}{4}$ - $\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ tsp. garlic powder

1c. grated parmesan cheese

1-2 loaves french bread, cut in bite size pieces.

METHOD:

Blend milk & cream cheese with electric mixer. Heat slowly in saucepan. Add salt & garlic powder. Slowly add parmesan cheese, stirring until smooth. Pour into fondue pot.

Option - Add a splash of white wine or cognac while beating. If mixture thickens too much in fondue pot, thin with milk until correct consistency. (should coat bread cubes generously.)

TOMATO SALAD: Serves 4-6

4 tomatoes, chopped

2 onions, chopped

2c. chopped fresh parsley

4 tbsp. chopped fresh mint

OR 2 tbsp. dried

2 slices whole or cracked wheat bread, toasted & cut into croutons.

Toss salad together with the following dressing:

6 tbsp. oil

1½ tsp. salt

4 tbsp. vinegar

$\frac{1}{2}$ -1 tsp. pepper

$\frac{1}{4}$ tsp. ground allspice

KAREN SAUNDERS.

4. 5.

A MORE FORMAL MEAL:

Mother's Seviche

Creamy Parmesan Fondue - see page, 4.

Green Salad

Fresh Fruit

MOTHER'S SEVICHE: 4-6 appetizer portions

2-3 oz. firm white fish per person cut into bite sized pieces (sole, halibut, red snapper - even cod if very firm)

2-3 green onions, chopped (incl. tops)

4 oz. lime juice

1-2 chopped, peeled & seeded tomatoes

1 chopped avocado (optional)

1 tbsp. salad oil

salt to taste

chopped parsley to garnish

METHOD:

Marinate fish & green onion in lime juice for min. of 6 hours, preferably overnight, turning occasionally. Before serving, drain & add tomatoes, avocado, salt. Drizzle oil over top, sprinkle with chopped parsley.

Serve on small plates, or in large shells.

KAREN SAUNDERS.

A HEARTY LUNCH :

Cream of Tomato Soup
Oatmeal Bread or Quick Garlic Bread
Green Salad

Oatmeal Bread

1 C. Rolled Oats
½c. Soured milk *
½c. brown sugar, packed
1 egg - beaten
½c. cooking oil
1½c. flour
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt

* Put 1 tbsp. white vinegar
in measuring cup, add
milk to ½c. Stir.

Optional: ½c. grated
cheese

Method:

Combine oats and milk in medium bowl, let stand 30 mins.
Beat in sugar, egg & oil. Sift tog. dry ingredients &
stir into oat mixture to blend. Turn into 1½ qt. greased
casserole. If desired, sprinkle cheese over top. Bake at
350° until a toothpick comes clean from the centre - about
55 mins. Cool in casserole 5 mins. then turn out onto a
rack.

Make a day ahead - warm before serving. (If baked in a
round casserole - cut in wedges rather than slices. Fewer
crumbs!)

Ron and Jan's Cream of Tomato Soup - serves 4 for lunch,
6 as first course.

½c. butter	4 stalks parsley
1 med. chopped onion (½ cup)	1 bay leaf
¾c. chopped carrots (2 med.)	2 whole cloves
¾c. chopped celery (1-2 stalks)	½ tsp. cayenne pepper
2½ lbs. ripe red tomatoes (8 med. quartered)	1 tbsp. sugar
½c. flour	1½ tsp. salt
1c. lightly salted chicken stock	1c. light cream
	1c. milk

cont'd....

Garnish: croutons * OR
1/2 c. whipped cream, pinch salt
1 tbsp. finely chopped parsley
1 tbsp. finely chopped chives

* Croutons:

1/2 c. butter
1/2 tsp. salt

2 slices brown or whole wheat bread, cubed. Sauté bread in butter. Drain. Sprinkle with salt.

Method:

Melt butter in large heavy-bottomed pan. Add onion, carrots, stir to coat the vegetables. Cover, cook over low heat 3-4 mins. Add tomatoes. Stir. Cover and cook over low heat 3-4 mins. Stir in flour, continue to stir and cook 3-4 mins. more. Add stock gradually, stirring all the time, add bay leaf, parsley, cloves, cayenne pepper, sugar & salt. Simmer uncovered 30-40 mins or until all vegetables are tender & soup is thick and smooth. Pass the soup through seive/food mill/food processor. Taste. Add more salt or sugar if needed. May be made ahead to this point. Just before serving, heat the soup through. scald the milk & cream & add to soup. Serve with croutons or dollop of lightly salted whipped cream & finely chopped parsley & chives.

ENJOY!

KAREN SAUNDERS.

A QUICK SUMMER LUNCH:

Quick Garlic Bread
Rajma Chana Salat
Ambrosia Salad

QUICK GARLIC BREAD:

4 tbsp. butter or margarine
2 cloves garlic, minced
3½c. flour
4 tsp. baking powder
1½ tsp. salt
1 egg
melted butter(or marg.)

METHOD:

Melt 1 tbsp. of the butter or marg. over low heat & cook garlic gently - 3 mins. without browning. Remove from heat. Sift dry ingredients into large bowl. Add remaining butter or marg. & cut in finely. Beat tog. egg, milk & garlic mixture with a fork & add to bowl, stirring until blended.

Turn dough onto a well floured board & knead gently until no longer sticky. (you may add a little more flour if needed) Shape into a round and cut several ¼" deep slashes across top. Put in 2 qt. greased casserole & brush with melted butter. Bake until well browned, about 1 hour. Cool in casserole dish 5 mins. then turn onto rack.

Freezes well. Keeps 3-4 days, well wrapped or in air-tight tin. Toasts well too!

AMBROSIA SALAD:

1c. pineapple tid-bits (drained)
1c. sweetened shredded coconut
1c. mandarin oranges (drained)
1c. mini marshmallows
1c. sour cream

Mix all ingredients tog. & let stand overnight in fridge. Remove from fridge a short while before serving, to take the chill off.

cont'd

RAJMA CHANA SALAT (3 Bean Salad)Serves 6-8

1½c. chick peas (cooked-canned are fine)

1½c. lentils (cooked)*

1½c. kidney beans (canned - fine)

1 lge.clove garlic

3 tbsp.lemon juice

1 tbsp.olive oil

½ tsp.salt

½c. chopped green onion

pepper

¼ tsp. ground cinnamon

3 tbsp. fresh coriander leaves OR

1½ tbsp. fresh parsley 1½ tbsp. fresh chives

1 green chili OR ¼ tsp. cayenne pepper

* Cook about ¼ dried lentils in 2-2½c. water, in which you have dissolved a bouillon cube. (about 30-45 mins. - until tender)

METHOD:

Crush garlic & let marinate in oil 15 mins. Combine spices herbs, lemon juice, onion. Toss with beans & lentils. Drizzle oil over top, toss again. Bury garlic in salad, remove before serving.

Best if made day before, let sit in fridge overnight, tossing once or twice.

KAREN SAUNDERS.

GOOD FOR LUNCH OR DINNER:

Meat Pie
Elvie's Bean Salad

Steamed green veg. (if wanted)
Lemon Soufflé

BEAN SALAD - (Elvie's)

1 can kidney beans 1 can lima beans)
1 can cut green beans)
1 can cut wax beans .-) Rinsed & drained.
Optional - 1 can chick peas
1 lge. onion, chopped

$\frac{1}{2}$ c. vinegar $\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ c. salad oil salt & pepper to taste.

Mix beans & onion. Combine other ingredients, pour over beans. Toss, cover and refrigerate. Needs several hours to marinate - make night before.

KAREN SAUNDERS MEAT PIE: Serves 4

Pastry for 2 crust pie
 $1\frac{1}{4}$ - $1\frac{1}{2}$ lbs. ground meat (mixture of beef, veal & pork)
1 lge. onion, chopped
2-3 cloves garlic, minced
1 can mushrooms pieces, drained
1 bouillon cube, boiling water
salt, pepper to taste
1 tbsp. dried parsley
 $\frac{1}{2}$ -1 tsp. rosemary - approx. measures only - season
 $\frac{1}{2}$ -1 tsp. thyme to taste.

METHOD:

Brown meat with onion and garlic until cooked through, drain excess fat, add mushrooms & seasoning. Stir. Make gravy with a bouillon cube in about 1c. boiling water. Pour over meat mixture. Thicken with cornstarch. When thickening is cooked, allow meat to cool. Put cool meat mixture into an uncooked pie shell & bake at about 400° for about 30 mins. Allow to sit a few mins. before slicing.

cont'd.....

For quick lunch - Cook meat mixture the day before, simply bake pie shell on Sunday. (Keep meat mixture refrigerated overnight) OR Make whole pie ahead - good served cold.

ANN'S LEMON SOUFFLÉ

1 tbsp. unflavoured gelatin
 ¼c. cold water
 3 egg yolks
 1c. sugar
 ¼c. fresh lemon juice (Real lemon works too!)
 grated peel of 1 lemon
 2c. whipping cream
 3 egg whites

METHOD:

Soak gelatin in cold water 10 mins. Place in pan of hot water & simmer until gelatin is clear. Beat egg yolks 'til pale & lemon coloured, gradually adding sugar until very light & creamy. Add lemon juice, peel, mix well. Pour in melted gelatin gradually, while beating. Refrigerate until like egg whites. Whip cream. Beat egg whites until stiff. Fold each into lemon mixture. Pour into individual moulds ¾ quart soufflé dish or glass serving dish. Refrigerate. (Garnish with lemon zest)
 May be made a day ahead.

KAREN SAUNDERS.

SOSATIES - TRADITIONAL SOUTH AFRICAN RECIPE

PILAF

AVOCADOS & TOMATO SALAD

LEMON GLAZED CHEESECAKE

SOSATIES:

3 lb. Leg of Lamb	2 onions
1 tbsp. curry powder	4 tbsp. sugar
$\frac{1}{2}$ tsp. salt & pepper	2-3 cups vinegar
2 tsp. corn starch	2 lemon or bay leaves
2 tbsp. apricot jam	2 green peppers

METHOD:

Cut up the lamb, preferably fresh, into 1" cubes and marinate in above ingredients for 12 hours. Crush the lemon leaves into the marinade. Cut up the onions and peppers into suitable sized pieces and alternate with the meat cubes on the skewers. Dried apricots can also be alternated. Grill for about 6-8 mins. turning often, on the barbecue additional marinade can be poured over as they cook, or boiled up and served as a sauce.

PILAF:

1 $\frac{1}{2}$ oz. butter	1 small onion
8 $\frac{1}{2}$ oz. long grain rice	$\frac{3}{4}$ pt. chicken stock
salt & pepper	3 oz. currants
3 oz. pistachio nuts, blanched and shredded	

METHOD:

Melt two thirds of the butter in a flame proof casserole, add the onion and cook slowly until just golden brown, stir in the rice and continue cooking for 2-3 minutes. Pour on the stock, season and bring to the boil. Cover the casserole and cook in the oven at 375 until rice is tender. Add extra stock to moisten, if necessary, and put the rest of the butter in casserole, with currants and nuts, forking them in very carefully

cont'd.....

AVOCADO & TOMATO SALAD:

4 med. tomatoes	4 shallots
2 avocados	vinaigrette dressing
chopped parsley	$\frac{1}{2}$ sm. red pepper
choice lettuce leaves	

METHOD:

Drop tomatoes one at a time into boiling water for just 8 seconds and lift out and rinse under very cold water. This quick blanching loosens the skin to make peeling easier. Quarter peeled tomatoes, remove seeds and cut quarters into chunky pieces. Finely slice white part of shallots. Halve avocados, remove the skin and cut flesh into large dice. Put in bowl and toss with about 3 tbsp. vinaigrette dressing. Add tomato and shallot. Cut pepper into small dice. To serve line individual serving plates with small crisp lettuce leaves. Arrange avocado mixture on lettuce, sprinkle with parsley and finely diced pepper.

LEMON GLAZED CHEESECAKE:

A luscious cake with an almost fluffy texture. The sweetness is toned down perfectly by the tartness of the lemon. 16-20 servings.

2c. Graham cracker crumbs	3 eggs
6 tbsp. melted butter	$\frac{1}{4}$ c. lemon juice
2 tbsp. sugar	2 tsp. grated lemon rind
3-8 oz. pkgs. (1 $\frac{1}{2}$ pounds) cream cheese	
$\frac{3}{4}$ c. sugar	2 tsp. vanilla
2c. sour cream	
3 tbsp. sugar	
1 tsp. vanilla	

METHOD:

Preheat oven to 350 F. Combine first 3 ingredients thoroughly. Press crust evenly onto bottom and sides of buttered 9x3 inch springform. Bake 5 mins.. Cool.

cont'd....

Beat cream cheese until soft. Add sugar, blending thoroughly. Add eggs 1 at a time, beating well after each addition. Mix in lemon juice, rind and vanilla. Blend well. Turn into springform pan Bake 35 mns.

While cake is baking, blend sour cream, sugar and vanilla. Remove cake from oven and gently spread sour cream mixture over top. Return to oven and bake 12 mns. Spread with lemon glaze. Chill several hours or overnight before removing sides of pan. Garnish with lemon strip, strawberry and mint leaves.

LEMON GLAZE:

$\frac{1}{2}$ c. sugar
 $1\frac{1}{2}$ tbsp. cornstarch
 $\frac{1}{4}$ tsp. salt
 $\frac{3}{4}$ c. water
 $\frac{1}{2}$ c. lemon juice
 1 egg yolk
 1 tbsp. butter
 1 tsp. grated lemon rind

METHOD:

In heavy 1 quart sized saucepan mix sugar, cornstarch and salt. Combine water, lemon juice and egg yolk and add to sugar mixture. Cook over low heat, stirring constantly, until the mixture comes to a slow boil and is thickened. Add butter and lemon rind. Allow to cool slightly, but spread onto cheesecake before glaze sets.

Mary Hiles.

GLAM CHOWDER
 TURKEY and ASPARAGUS SOUP
 SALAD, FRENCH BREAD
 SUMMER MOUSSE

CLAM CHOWDER:

2 cans Clam Juice
 1-10oz. Clams
 1c. whole milk or light cream
 ½c. 35% cream
 dab of butter
 2 med. potatoes
 2 med. onions
 salt & pepper to taste

METHOD:

Bring clam juice to simmer, add diced potatoes & onions, cook, add milk, simmer 15 mns. add clams, cream, butter and seasoning.

TURKEY & ASPARAGUS SUPREME: 6 servings.

4c. cooked turkey
 2 pkgs. frozen cut asparagus or broccoli cut into 1" lengths
 3c. med. thick cream sauce
 1c. mayonnaise
 3-4c. cooked rice

METHOD:

In a greased shallow casserole, arrange half the turkey in a layer, cover with asparagus and top with remaining turkey. Whilst cream sauce is hot, stir in mayonnaise. Spoon sauce over layered casserole.

Bake: 400° - 20 mns. uncovered
 Serve over hot rice.

SUMMER MOUSSE:

This makes a delicious family dessert, garnished with whipped cream sweetened slightly with icing sugar.

2c. hot stewed rhubarb
 1 pkt. unflavoured gelatin
 2 tbsp. lemon juice
 2c. halved strawberries
 3 egg whites, stiffly beaten

METHOD:

If rhubarb has been previously prepared and chilled, bring to boil. Pour into a blender and blend at high speed 'til smooth. With motor running, add gelatin and lemon juice. Cool to room temperature, then chill slightly. Rinse a 5-6 cup mould with cold water and arrange strawberries cut side up. Fold a few spoonfuls of rhubarb into egg whites, then fold egg whites into remaining rhubarb. Spoon into mould over berries and chill 3-4 hours before un-moulding. Garnish with slightly sweetened whipped cream. Serves 4-6

Stewed Rhubarb:

Cut 1.1b. of fresh rhubarb into 2" peices. Bring to boil in just enough water to allow it to cook without sticking. Cook gently for 10mins. Add a pinch of salt, grated rind of 1 orange and sufficient sugar only to sweeten to taste. Makes 2 cups.

You can make a delightful Rhubarb Fool by folding cooled stewed rhubarb into a bowl of sweetened whipped cream. Flavour with kirsch, sherry or white rum, according to taste.

Mary Hiles.

SUNDAY LUNCH FOR FOUR:

Cold Cream of Broccoli Soup
 Baked Cold Ham
 Green Salad
 Crusty Rolls
 Pineapple Soufflé

CREAM OF BROCCOLI SOUP:

Combine in a saucepan, 1 bunch of broccoli, (trimmed) 1 stalk of celery, 1 small onion (both thinly sliced)
 Add 3 cups chicken stock, bring to boil, simmer for 15 mins. until it is just tender. Pour soup into blender and add a pinch of mustard (dry) & pinch of salt. Blend until smooth. Add 1 cup light cream.

Serve the soup hot with a thin slice of lemon or cold, sprinkled with finely chopped chives.

Serves 4 - may be doubled. Make day before needed and refrigerate.

PINEAPPLE SOUFFLE:

1 can crushed pineapple (13½ oz.)
 3 eggs
 4 oz. sugar
 ½ oz. gelatin (1 envelope)
 1½ cups whipping cream - WHIPPED

METHOD:

Strain pineapple, pulp and dissolve gelatin in the juice (use ½ cup juice) - Put gelatin and juice in a cup and stand in pan of hot water. Beat egg yolks and sugar, add pineapple pulp and gelatin solution and remaining juice (if any remains) and whipped cream and lastly, stiffly beaten egg whites. Fold in gently. Pour into serving dish garnish with cherries & whipped cream or as desired. Chill overnight in fridge.

JUDY HEATHCOTE.

POT LUCK LUNCH:

Assorted Fresh Vegetables & "Dill Dip"
 Chicken & Rice "Westwater"
 Green peas or beans
 Fresh fruit and squares

FRESH VEGETABLE DIP:

$\frac{2}{3}$ c. mayonnaise
 $\frac{1}{3}$ c. sour cream
 1 tsp. dill seed
 2 drops tabasco sauce
 $\frac{1}{2}$ Tsp. Worcestershire sauce
 1 tsp. seasoned salt
 1 tsp. dried onion flakes
 1 tsp. parsley

METHOD:

Combine all above in a bowl, chill thoroughly. Serve as a "dip" for colourful assortment of fresh vegetables.

CHICKEN & RICE "WESTWATER"

4 Chicken breasts or legs
 1 can cream mushroom or cream chicken soup
 1 med. onion cut into 8 pieces
 3 lge. carrots - cut lengthwise
 1 clove garlic chopped finely
 2-3 stalks celery, chopped
 $\frac{1}{2}$ can water (use mushroom soup can)
 dash of sherry (optional)
 a few chopped fresh mushrooms (optional)
 2 handfulls of uncooked rice
 salt, pepper & thyme (dried) to taste.

Combine all above - mix gently. Use a medium to large casserole dish. Bake at 350° for 1 hour or until chicken is cooked and vegetables are tender. Re-heat on Sunday until heated through.

JUDY HEATHCOTE.

CREAM OF WATERCRESS SOUP
SWEDISH CHICKEN SALAD
SAFFRON RICE
TOSSED GREEN SALAD
LEMON MOUSSE

CREAM OF WATERCRESS SOUP

- 2 bunches of watercress, remove stalks and chop
- 1 lb. leeks (white parts only), wash and chop
- 2 oz. butter
- 2 medium potatoes, peeled and chopped
- 1½ pts. chicken stock or water
- ½ pt. whipping cream
- Salt and freshly-milled black pepper

Melt butter in a saucepan, add watercress but reserving 4 sprigs or so for garnish, then add leeks and potatoes. Add salt, cover and cook over a low heat for 20 - 25 minutes, stirring occasionally.

Add stock (make sure it's not too strong) or water, bring to boil and then simmer covered for another 10 - 15 minutes. Remove from heat, liquidise when cool.

Return the soup to the saucepan, add cream, season to taste and gently re-heat.

Serve garnished with sprigs of watercress.

Serves 4 - 6.

Anne Wainwright

SWEDISH CHICKEN SALAD

3½ lb. roasted chicken
2 eating apples
2 bananas
lemon juice
½ pt. whipping cream
½ pt. home-made mayonnaise (or Hellmann's)
1 level teaspoon curry powder
salt and pepper
watercress, parsley or chives for garnish

When chicken is cold carve into strips.

Peel, core and thinly slice apples.

Peel and thickly slice bananas. Dredge both with lemon juice.

Whip cream to mayonnaise consistency and fold into mayonnaise.

Add curry powder. Fold in the chicken and fruit and a little more lemon juice. Season.

Serve with a tossed green salad and saffron rice if liked.

Serves 6.

Anne Wainwright

SAFFRON RICE

10 fl. oz. long-grain white rice - Uncle Ben's
20 fl. oz. boiling-water or chicken stock
1 small onion, finely chopped
1 tablespoon butter
1 tablespoon olive oil
 $\frac{1}{2}$ teaspoon saffron (crush the strands with a pestle
and mortar - most important)
Salt

Begin by softening the onion in the oil and butter for 5 minutes, then stir in the powdered saffron and allow 1 minute for the heat to draw out the flavour before adding the rice. Stir to get the rice nicely coated with the oil and butter then add the boiling water or stock. Stir again and add salt.

Then when it comes to the boil, cover with a lid and leave it to simmer very gently for 15 minutes or until liquid has been absorbed.

When rice is cooked tip it onto the sides of a warm shallow serving dish, place the Swedish chicken salad or whatever in the centre.

Serves 4

Anne Wainwright

LEMON MOUSSE

4 large eggs
6 oz. caster sugar
rind of 1 lemon
juice of 2 large lemons
 $\frac{1}{2}$ pt. water
 $\frac{1}{2}$ oz. gelatine

Separate the eggs, cracking the yolks into one basin and whites into a second, larger basin. Add the sugar to the yolks along with the grated lemon rind and lemon juice. To get the right lemon flavour you need about 3 - 4 tablespoons of lemon juice. Using a wooden spoon, stir the egg yolk mixture well to blend all the ingredients thoroughly.

Measure water into a saucepan and sprinkle in the gelatine. Allow to stand for a few minutes then place over low heat and stir until the gelatine has dissolved. Do not boil.

Add the gelatine to the lemon mixture. Stir well to blend the gelatine into the mixture evenly. Allow to stand until it begins to thicken and set. Do not leave the mixture too long - it should not take longer than 30 minutes to set.

Stiffly beat the egg whites and using a metal spoon fold into the lemon mixture.

Pour into a serving dish and chill for several hours. Decorate with whipped piped cream, grapes or strawberries or whatever.

Serves 4 - 6

PRAWNS WITH CELERY AND APPLE
LIVER STROGANOFF
GRAPEFRUIT CHEESECAKE

PRAWNS WITH CELERY AND APPLE - Serves 4

8 oz. prawns
4 sticks of celery, chopped small
4 tablespoons of mayonnaise
2 large dessert apples, chopped but not
peeled
salt and freshly milled black pepper
4 springs watercress

Mix the prawns, celery, apples, salt and pepper evenly together with the mayonnaise. Pile the mixture into tall glasses and serve with a sprig of watercress on top.

N.B. I think what are known as prawns in England are in fact called shrimps over here.

Anne Wainwright

LIVER STROGANOFF

1 lb. calves liver or whatever
1½ oz. seasoned flour
3 oz. margarine
1 onion, peeled and finely chopped
2 rashers streaky bacon, rinded and chopped
4 oz. button mushrooms, washed and sliced
½ pt. chicken stock
Salt and freshly ground black pepper
5 oz. carton soured cream
chopped chives.

Cut liver into ½ in. strips, toss in seasoned flour. Heat half the margarine into a frying pan and fry liver until lightly browned - about 5 minutes.

Remove from pan and put on one side. Add remaining margarine to pan and fry onion, bacon and mushrooms until soft. Stir in remainder of seasoned flour and cook for 2 minutes.

Allow to cool slightly, then pour in stock gradually and bring to boil, stirring. Season well, return liver to the pan and cook for a further 5 minutes. Off the heat stir in the soured cream and re-heat without boiling.

Garnish with chopped chives and serve with saffron rice, French beans and grilled tomatoes.

Serves 4

Anne Wainwright

GRAPEFRUIT CHEESECAKE

- ½ oz. gelatine
- 3 tablespoons cold water
- 1 lb. cream cheese
- 6 oz. can concentrated unsweetened grapefruit juice,
thawed
- 3 oz. sugar
- ½ pt. whipping cream
- 4 oz. digestive biscuits
- 2 oz. butter
- 1 oz. demerara sugar

Place the gelatine in a basin with the cold water and leave to stand for 5 minutes, then place in a pan of simmering water and leave to dissolve until the gelatine has become clear, remove and leave to cool. Cream the cheese until soft and gradually beat in the grapefruit juice and sugar. Stir in the cooled gelatine.

Whisk the cream until thick but not stiff and fold into the cheesecake mixture.

Turn into a lightly oiled 20 cm. (8 inch) cake tin and place in the refrigerator.

Crush the biscuits finely. Melt the butter in a pan and stir in the biscuit crumbs and demerara sugar, press over the cheesecake.

Turn onto a flat dish with biscuit mixture on bottom and decorate with strawberries, grapes or raspberries.

Serves 6

Anne Weinwright

BARB ALBU'S SUNDAY LUNCHEON AT PERIWINKLE

Crudites

Scotch and Sodas, Perrier, Beers

Croque Monsieur

Fresh Strawberries

Black Grapes

Rhubarb Pudding

Croque Monsiuer is best made from Farmhouse Bread and in the special croque monsieur grill found in specialty kitchen shops. Teenagers adore taking over the assembly and cooking.

For each serving: 2 slices bread
 1 slice ham
 1 slice cheese

Assembly: Butter bread and sandwich the ham and cheese between the two slices.
 Grease the pan. Put in the sandwich and cook until done.
 Serve immediately with pickles.

Cucumber Soup

Beef Stew

Serves 4 - 6

Potatoes, rice or bread

Fruit Salad and rich walnut bars

CUCUMBER SOUP (cool and refreshing)

2 cups plain yoghurt

2 medium cucumbers, peeled, seeded and coarsely
chopped

1 clove garlic

2 tbs. chopped fresh dill or 1 tsp. dried dill
weed

1 tsp. vinegar

1 tsp. salt

2 - 3 drops Tobasco sauce

$\frac{1}{2}$ cup chopped walnuts (optional but good)

1 cup vegetable (e.g. V-8) juice (optional - for
a different taste)

Puree all ingredients 1 - 2 minutes in blender.

Refrigerate for several hours.

Stir well before serving.

Judy Scherz

VERSATILE BEEF STEW

- 1 cup water, red wine or beef stock
- 2 pounds beef (stewing beef, blade steak, chuck)
cut into 1-inch cubes
- 2 medium onions, cut in half and sliced
- 2 cloves garlic, finely chopped
- salt, pepper (to taste), oil for frying
- $\frac{1}{2}$ tsp. basil
- $\frac{1}{2}$ tsp. oregano
- any or all of:
- $\frac{1}{2}$ cup chopped carrots
- $\frac{1}{2}$ cup chopped turnips
- $\frac{1}{2}$ cup mushrooms, sliced

Heat oil in heavy frying pan. Add onions and cook until transparent. Remove onions and place in a heavy cooking pot.

Brown meat over high heat. Place in cooking pot with onions.

Degrease frying pan (while still hot) by adding a little water or wine. Add this liquid to onion-meat mixture.

Add garlic, spices and remaining water or wine. Cook covered, over low heat for several hours, until meat is tender.

If including vegetables, add to stew when about 1 hour of cooking time remains ($\frac{1}{2}$ hour for mushrooms).

Serve with boiled potatoes, rice or fresh crusty bread.

Judy Scherz

RICH WALNUT BARS

Crust: $\frac{1}{2}$ cup soft butter
 $\frac{1}{2}$ cup brown sugar
1 cup sifted flour

Cream butter and sugar. Work in flour until smooth. Pat into bottom of ungreased 13 x 9 x 2" pan. Bake 10 minutes at 350° F. until golden. Cool.

Filling: 2 eggs
1 cup brown sugar
1 tsp. vanilla
3 tbsp. flour
 $\frac{1}{2}$ tsp. salt
1 tsp. baking powder
 $1\frac{1}{2}$ cup chopped walnuts

Beat eggs. Gradually beat in other ingredients. Spread on crust. Bake for 25 minutes.

Judy Scherz

B R U N C H E S

Boiled Grapefruit (add a dash of honey and sherry
with cherry in centre)

English muffins, sliced with chopped egg and ham
filling, mayonnaise added

Add a slice of cheese to top and broil

Toast and jelly

Coffee

Tea

Assorted fruit platter - pineapple, sliced bananas,
orange slices, grapes, etc.

Griddle cakes - scrambled eggs, sausages - maple
syrup

Coffee

Tea

Baked apple

Grilled cheese sandwiches - dill pickles - bacon
optional

Iced cup cakes

Coffee

Tea

Orange slices

French Toast - Bacon - jam

Coffee

Tea

PRAWN MOUSSE

This makes an excellent starter for a dinner party serving 8 to 10 people or as a main course for lunch or supper served with a salad.

16 ozs. Homemade mayonnaise (or Hellmann's)
6 oz. prawns
9 eggs - medium
 $\frac{1}{2}$ oz. gelatine
3 tablespoons tomato ketchup
Lots of Lee and Perrins Worcester Sauce
3 - 4 tablespoons Anchovy Essence
 $\frac{1}{2}$ pt. whipping cream
Black olives and anchovies for decoration

Hard boil eggs for 15 minutes. Chop up and mix with mayonnaise. Add sauces to taste, then mix in prawns. Soak gelatine in half a cup of water, leave to dissolve then heat gently until clear. Add to prawn mixture.

Whip cream and fold into prawn mixture.

Turn out into a glass bowl or whatever and decorate with anchovies and black olives.

Place in refrigerator for 3 hours before serving.

N.B. I think what are known as prawns in England are in fact called shrimps over here.

Anne Wainwright

SUMMERTIME SOUPBORSCHT - Cold

Very quick and delicious.

1 tin beets - cubed/sliced or whatever
juice $\frac{1}{2}$ lemon
Plain yoghurt in an amount to suit taste
salt and pepper to season.

Blend above ingredients including amounts to suit
personal preference. Refrigerate.

Serve cold with yoghurt to decorate and chopped
chives.

S. A. Harrington

SUMMERTIME SOUP

ZUCCHINI BISQUE

- ½ cup oil
- 1 cup chopped onion
- 2½ cups chicken broth
- 1½ lbs. shredded/chopped zucchini
- 1 tspn. salt
- 2 tspns. basil
- ½ tspn. nutmeg
- ¼ tspn. white pepper

Cook onion in oil until tender.

Add broth and zucchini. Bring to boil. Reduce heat and simmer, covered, 15 minutes. Add herbs. Blend in machine until very smooth. Chill. Serve cold.

Serves 6.

S. A. Harrington

WOODBINE TOMATO SOUP

8 lbs. fresh tomatoes or 4 2½ cans tomatoes
2 stalks celery with leaves
5 whole cloves
1 bay leaf
1 sprig parsley

Bring to a boil and simmer slowly for 2 hours.
Strain.

Blend thoroughly:

4 tbsp. soft butter
4 tbsp. bread flour
3 tsp. salt
3 tbsp. sugar

To above mixture add slowly a cup or so of hot strained tomatoes. Mix until smooth. Add this slowly to the remaining stock. Bring to a boil over low flame. Stir frequently. As a finishing touch add a dash of ground cloves.

We serve this with a mound of whipped cream, sprinkled with a pinch of basil.

CHEESE PLEASERS
(Kay Kingsland)

- 1 can Pillsbury Crescent Rolls
- $\frac{1}{4}$ cup margarine
- $\frac{1}{3}$ cup grated Parmesan Cheese
- $\frac{1}{2}$ teaspoon dried chives (or poppy seeds)

Separate dough from can of rolls. Join rectangles to form 2 larger rectangles. Spread one rectangle with cheese/margarine mixture. Cover with other rectangle of dough. Roll sides inward from each side to form 2 scrolls. Cut into slices. Place on an ungreased cookie sheet. Sprinkle with additional cheese. Bake at 375° 10 to 13 minutes.

Good with soup for lunch.

TUNA ROLLS

(Kay Kingsland)

1 can Tuna
2 tablespoons grated onion
1 teaspoon Worcester sauce
2 tablespoons relish
2 tablespoons grated celery
Enough mayonaise to mix

Spread on half hamburger buns (or bread
slices) Sprinkle with grated cheese.

Broil untill cheese bubbles.

Delicious for lunch or a Bridge snack.

LAURA'S CHEESE BALL

(Karen Saunders)

2 cups ($\frac{1}{2}$ -1 lb) grated mild cheddar (I use
a 375 gr. pkg).

4 oz. pkg. pimento cream cheese

$\frac{1}{4}$ cup mayonnaise

$\frac{1}{2}$ teaspoon chili powder

$\frac{1}{2}$ teaspoon onion salt

$\frac{1}{2}$ teaspoon Worcestershire sauce

Blend all ingredients together (a food
processor does it in about 30 seconds!)

When thoroughly blended, form into a ball
roll in chopped walnuts or chopped parsley.
Absolutely gorgeous served with Triscuits.

CLOUD BISCUITS FOR HEAVENLY EATING

(Kay Kingsland)

2 cups sifted all-purpose flour

1 tablespoon sugar

4 teaspoons baking powder

 $\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ cup shortening

1 beaten egg

 $\frac{2}{3}$ cup milk.

Sift dry ingredients. Cut in shortening. Add milk and egg combined. Knead about 20 strokes. Cut straight (don't twist cutter) Bake at 450° 10-14 minutes on ungreased sheet. Chill from 3-5 hours before baking if desired. May be prepared ahead, chilled and popped in over and served hot when needed.

ONION CHEESE SUPPER BREAD
(Kay Kingsland)

- $\frac{1}{2}$ cup chopped onion
- 1 tablespoon shortening
- 1 slightly beaten egg
- $\frac{1}{2}$ cup milk
- $1\frac{1}{2}$ cups Bisquick
- 1 cup Sharp cheese grated
- 1 tablespoon poppy seeds
- 2 tablespoons melted butter

HEAT OVEN TO 400°. Saute onion in shortening 'till golden. Mix egg and milk, blend in Bisquick. Add onions, half of cheese. Spread in 8" square or round greased pan. Sprinkle top with remaining cheese and poppy seeds. Sprinkle melted butter all over. Bake 20-25 mins. Serve hot.

DELICIOUS!

BEEF WELLINGTON

6 1-inch beef fillets
Dijon mustard
Pate (tinned or from bakery)
2 pkg. Pillsbury crescent rolls
1 egg yolk, beaten

Make sure pate and fillets are at room temperature. Preheat oven to 375°. Coat and fillet lightly with mustard, and spread $\frac{1}{4}$ inch pate on top of each one. Separate each of crescent rolls and using two triangles per filet, encase the top and sides. Reserve some dough and cut with scissors into decorative leaves with which to hide the joins in the dough cases of the fillets. Brush tops with egg yolk which have been beaten with 1 teaspoon of water. Bake for 15 minutes for rare beef. For well-done steaks, pre-broil steaks one side only for a few minutes prior to cooking in the method described above.

Serves 6.

40. 4

HUNGARIAN GOULASH

(Serves 6 to 8)

- 2 lbs. ground beef
- 4 medium onions (diced)
- 3 cups cooked noodles
- 1 large tin tomatoes (28 oz.)
- 2 tins tomato soup (10 oz.)
- 1 tin consomme (10 oz.)
- 1 tin mushroom soup (10 oz.)

Step 1 (Brown the beef and drain off fat.
(Brown the onions and mix with beef.
(Mix the remaining ingredients with the
(beef and onion mixture and simmer very
(slowly.
(Add salt, pepper and bay leaf to taste.

Step 2 (Put in a covered pan in a 300° oven for
(2 hours.
(Melt cheese slices on top before serving -
(optional).

(Step 1 can be done the day before and
Step 2 completed the following day for a
carefree dinner. A salad and crusty
bread go well for a complete meal).

BEEF STROGANOFF

(8 to 10 servings)

3 lbs. sirloin steak
1½ lbs. fresh mushrooms, sliced
1½ cups chopped onion
6 tbsp. butter
3 tins beef consomme (10 oz.)
6 tbsp. catsup
3 small garlic cloves (minced)
3 tsp. salt
9 tbsp. flour
3 cups dairy sour cream
9-12 cups hot cooked noodles or rice

Cut meat diagonally into very thin slices.
Cook and stir mushrooms and onions in butter until onion is tender; remove from skillet.
In the same skillet, brown meat lightly on both sides. Set aside 1 1/3 cups consomme.
Stir remaining consomme, catsup, garlic and salt into the skillet. Cover and simmer 15 minutes.
Blend reserved consomme and flour; stir into skillet.
Add mushrooms and onion. Heat to boiling, stirring constantly.
Boil 1 minute, stir in sour cream, heat through.
Serve over hot noodles or rice.

SAVOURY MEAT LOAF

1 lb sausage meat
 $\frac{1}{2}$ lb tinned corned beef
2 slices bacon
2 tablespoons chopped onion
1 tablespoon chopped parsley
Salt and pepper to taste

Break up corned beef, cut bacon into small pieces, mix all ingredients and place in greased loaf tin.

Bake for $\frac{1}{2}$ - $\frac{3}{4}$ hr at 375.

Pour off fat and liquid and cool on rack. Cut thinly and serve with salad.

Can be eaten hot, but is much tastier cold.

Can be made one or two days ahead.

TOURTIÈRE, QUEBEC STYLE

1 lb. minced pork as lean as possible

1 small onion chopped

1 small clove of garlic, minced

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon savory

$\frac{1}{4}$ teaspoon celery pepper

$\frac{1}{4}$ teaspoon ground cloves

$\frac{1}{2}$ cup water

$\frac{1}{4}$ to $\frac{1}{2}$ cup of breadcrumbs if required

Pastry for a 2 crust pie.

Place all ingredients in a saucepan except the breadcrumbs. Bring to a boil and cook, uncovered, over medium heat. Remove from heat. Add a few breadcrumbs to absorb fat, if any, and let stand 10 minutes. If fat is sufficiently absorbed do not add more. If not, continue in the same manner.

Cool and pour into pastry - lined 9" pie pan. Cover with pastry. Cook in a 500° oven until the top is well-browned. Serve hot.

GROUND BEEF PAKISTANI STYLE

- 2 tablespoons butter
- 1 cup chopped onion
- 1 garlic clove, crushed
- 1 lb. ground beef
- 2 tablespoons curry powder
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon each ground cinnamon, ginger
and turmeric
- 1 19-oz can tomatoes
- 1 cup frozen peas
- 2 bananas sliced (optional)
- $\frac{1}{2}$ cup toasted coconut (optional)

Melt butter in heavy pan over medium heat. Sauté onion and garlic until golden. Add beef and brown, then stir in remaining ingredients except the bananas and coconut. Simmer covered for 25 minutes. Serve on a bed of rice, topped with banana and coconut.

Serves 3 or 4.

Can be prepared a day ahead.

LUXURIOUS SHEPHERD'S PIE

1 or $1\frac{1}{2}$ lbs. ground veal or beef
2 cups well-seasoned mashed potatoes
2 egg yolks
2 egg whites
 $\frac{1}{4}$ teaspoon Salt
2 tablespoons fresh or dried chopped parsley
 $\frac{1}{2}$ cup chopped celery
 $\frac{1}{2}$ cup chopped green pepper
salt and paprika to season

Cook ground meat lightly with salt and enough water to make $\frac{1}{2}$ a cup of liquid. Beat until very light 2 egg yolks and fold them into the potatoes. Whip egg whites with $\frac{1}{8}$ teaspoon salt until very stiff and fold them into the potato mixture. Spread half of the mixture on the bottom of a greased baking dish. Combine and place over it the meat, celery, peppers, and salt & paprika to taste. If the mixture seems dry, moisten with a little cream. Cover the meat with the remaining potato mixture and dot with butter. Bake in a 400° oven until the top is brown.

Serves 6 and can be made a day ahead.

CHILI CON CARNE

(Kay Kingsland)

- 1½ lbs. hamburger
- 2 onions
- 1 clove garlic
- 2 cans Kidney Beans
- 2 cans Tomato soup
- 1 can Tomatoes
- 1 lb. mushrooms
- 1½ teaspoons chili powder (to taste)
- Green pepper optional

Brown meat and onions. Add all other ingredients. Simmer.

OVERNIGHT SOUFFLE

It is called a soufflé because it puffs up but it is really a pudding. Not the least of its charms is that it must be made in advance.

- 1 8-oz. loaf French or Italian bread
- 2 tablespoons unsalted butter, softened
- 8 ozs cubed or grated Swiss or other firm cheese
- 4 large eggs
- $2\frac{1}{4}$ cups whole milk
- 1 tablespoon strong mustard, French or English
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon each thyme and nutmet
- Freshly ground papper to taste

Butter bottom and sides of a $2\frac{1}{2}$ to 3 quart soufflé dish with 1 tablespoon of butter. Cut the crust of the loaf of bread and cut into $\frac{3}{8}$ " slices. Spread the rest of the butter on the slices and tear each one into 4 or 5 pieces. Spread half of the bread pieces on the bottom of the baking dish and top with half the cheese cubes. Then another layer of bread and a top layer of cheese. Lightly beat the eggs, then whisk in the milk

OVERNIGHT SOUFFLE (Continued)

and all the seasonings and pour over the bread and cheese. Press down so that the bread is completely saturated. Cover and refrigerate for at least 12 hours.

Bake, uncovered, on the middle level of a pre-heated 350° oven for 50 to 60 minutes, until the soufflé puffs and browns. Eat while still warm. Serves 6.

ANOTHER FORM OF CHEESE PUDDING

Butter a pie dish. Beat an egg in $\frac{1}{2}$ pint of milk, add 1 tsp. dry mustard, salt and pepper. Mix 8 ozs cubed cheddar or swiss cheese with 3 to 4 slices of bread torn in small pieces. Put into pie dish and pour egg and milk mixture over it. If it looks a little uncovered add a little milk. Do not floor it or it becomes watery. Bake uncovered in 350° oven for $\frac{3}{4}$ of an hour until it is nice and brown. A glass pie dish is excellent as it browns underneath as well. If more bread is used, put 2 eggs in the milk. Serves 3 to 4.

HOT LUNCHEON SANDWICH

8 slices bread
cheddar cheese
4 eggs
2 cups milk
salt
Newburg sauce
 $\frac{1}{2}$ cup chopped sauteed mushrooms
1 cup lobster meat

Trim bread and make 4 sandwiches using cheese.
Place in well buttered pan. Beat eggs, milk and
salt, pour over sandwiches and let stand one hour.

Bake in moderate oven 350° - 375° , 30 - 45 min.

Serve immediately with sauce.

Sauce: Mushroom and lobster meat added to Newburg
Sauce.

SANDWICH

Toast a slice of bread on one side

Cover untoasted side with a slice of American cheese.
Place slices of tomato over cheese. Top with a
strip of bacon cut in half. Broil slowly, not too
close to flame, until bacon is done.

Excellent for luncheon or snack.

POTATO CAKES
(Kay Kingsland)

1 cup Flour

1/3 cup shortening

Good dash salt

1 tsp. baking powder

3 cups cold left over mashed potatoes

Rub shortening in with fingers. Add all ingredients and blend well. Roll out about 1/8- $\frac{1}{4}$ inch thick. Cut. Bake on greased cookie sheet at 425°. Turn over to brown. Cook about 10 minutes.

This can be made ahead and refrigerated.
To serve, cover and heat over low heat
until peas are hot.
Serves 12.

FRANK & CABBAGE SKILLET

(Kay Kingsland)

- $\frac{1}{2}$ head cabbage coarsley shredded
- $\frac{1}{2}$ green pepper chopped
- 2 tablespoons dry onion flakes
- 3 pkgs. oxo or Bovril beef cubes
- $\frac{1}{2}$ cup water
- 18 ozs. cooked franks cut diagonally
- 1 teaspoon caraway or poppy seeds

Combine cabbage, pepper, onion, beef and water in skillet. Bring to a boil, reduce heat simmer 5 minutes. Stir in franks and seeds. Cook 5 minutes more. Serves 3.

SPANISH PEAS

3 - 1-lb. cans of tiny peas, drained
1½ teaspoons onion salt
¾ teaspoon oregano
2/3 cup black olives, stoned and chopped
½ cup pimento chopped
½ tablespoon ground coriander
black pepper

Melt 6 tablespoons butter and add onion salt, oregano, coriander and black pepper. Cook for three minutes. Add peas, pimento and olives. Toss lightly to mix.

This can be made 1 day ahead and refrigerated. To serve, cover and heat over low heat until peas are hot.

Serves 12.

GREEN BEANS VINAIGRETTE WITH HERBS

(Karen Saunders)

Serves 4

1 lb. cooked green beans

 $\frac{1}{2}$ cup oil

1 teaspoon Dijon mustard

1 tsp. wine vinegar

2 tablespoons lemon juice

1 shallot, minced

1 green onion, minced

1 tablespoon chopped fresh parsley OR

1 teaspoon dried thyme

Salt & pepper

Mix all ingredients but beans. Pour this dressing over the beans and toss. Allow to marinate in fridge overnight.

May be prepared 2 days ahead and stored in fridge. Toss every so often to coat beans with dressing.

SWEET AND SOUR MEATBALLS

(Serves 4 to 6)

1½ lbs. ground beef	)	
½ cup milk	)	Make into balls
1 cup bread crumbs	)	and brown
1 egg (slightly beaten)	)	
salt and pepper	)	

Sauce:-

1 cup ketchup
3 tbsp. brown sugar
4 tbsp. Worcestershire sauce
½ cup water
4 tbsp. vinegar

Combine above ingredients and pour over browned meatballs. Cover and bake at 350° for 1 hour. Serve with rice.

(Can be prepared a day or so ahead and reheated).

Thicken with corn starch after it has cooked.

Serves 4 - 6.

PORK CHOPS WITH VEGETABLES

1 tbsp. shortening
6 pork chops 1" thick
salt and pepper
 $\frac{1}{2}$ cup water
6 small potatoes
6 carrots

Heat cooker and add shortening. Season pork chops and brown. Add water, place potatoes and carrots on top. Close cover securely, and cook 10 - 12 minutes, let pressure drop of its own accord.

JAVANESE PLEASURE

1½ lbs. pork tenderloin
(cut into 1" cubes, roll in 1 beaten
egg then bread crumbs). Brown quickly
in fat and place in shallow baking dish
or casserole.

Mix and pour over meat:

2 onions sliced
1 green pepper sliced
4 carrots sliced thin
1 clove garlic (finely chopped)
3 tbsps. brown sugar
2 tbsp. vinegar
2 tbsp. ketchup
2 tbsp. chili sauce
2 tbsp. soya sauce
1 can consommé
1 can water

Cover and simmer 1 hour either in an electric
frying pan or in oven at 350°.

Thicken with corn starch after it has cooked.

Serves 4 - 6.

SWEET AND SOUR

Use fish, prawns, chicken or pork.

Beat up eggs, with salt and pepper - dip pieces of fish or meat into egg - roll in flour and fry in hot fat - drain and leave in a warm place. (Chicken or pork must be boiled a little before frying.

Cut vegs into thick slices - (carrots, onions, beans, peas - cauliflower. Dip into boiling water for 5 minutes - the vegs must not get too soft. Drain and leave in a warm place.

Sauce

Boil one cup vinegar, one cup sugar, one cup water, 3 tbsps. tomato sauce and 2 tbs. Soy sauce altogether. When boiling add one dessertspoon of cornflour mixed with $\frac{1}{2}$ cup water. The sauce must only be made when everything is ready to be eaten. Place fish or meat and vegs. in a dish and pour the sauce over.

Fried Rice

Boil rice - wash well under a cold water tap and strain - rice must not get too soft. Chop onions and vegs. fine also any meat to be used.

Fry onions till light brown, then fry meat or prawns. Add two or three eggs as well. Add the vegs. which have already been dipped into hot water for a few minutes. Now add the rice and fry well with all other ingredients.

Add 3 or 4 tablespoons Soy Sauce - at the end add a little chopped spring onions.

CHUPPATTIES

- $\frac{1}{2}$ lb. wholemeal flour
- a pinch salt
- 1 oz. butter

Convert into soft dough with cold water, cover and stand aside for an hour or longer. Then knead well, divide into balls the size of a billiard ball and roll each out to the size of a teaplate. Fry on griddle.

SWEET CHUPPATIES

- $\frac{1}{2}$ lb. of wholemeal flour
- $\frac{1}{2}$ lb. white flour

Rub lightly into it $\frac{1}{2}$ lb. of butter and convert into dough with about 6 tbsps dark brown sugar dissolved in a very little water. Knead the dough and form into flat cakes about twice the thickness of a penny and about the size of a teaplate. Bake on both sides on a griddle which has been greased.

VEAL PARMESAN

60.

- 1 - pound veal round steak, 1/2 inch thick
- 1/2 cup dry bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon paprika
- 1 egg
- 1/3 cup salad oil
- 3 tablespoons water
- 1 can (8 ounces) tomato sauce
- 1/2 teaspoon oregano

Cut meat into 4 serving pieces; pound until 1/4 inch thick. Stir together bread crumbs, cheese, salt, pepper and paprika. Beat egg slightly. Dip meat into egg, then into crumb mixture, coating both sides.

Heat oil in large skillet. Brown meat on both sides, about 6 minutes. Reduce heat. Add water; cover and simmer 30 to 40 minutes or until tender. (If necessary, add small amount of water).

Remove meat from skillet; keep warm. Pour tomato sauce into skillet; stir in oregano. Heat to boiling and pour over meat. 4 servings.

Serve on hot cooked spaghetti that has been tossed with butter; pass more grated Parmesan cheese.

Irene Nerrie

VEAL SUPREME

61.

- 1/4 cup flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 pound boneless veal, cut into $\frac{1}{2}$ -inch pieces
- 1/4 cup shortening
- 1/2 cup sliced mushrooms
- 1/4 cup diced onion
- 1 cup tomato juice
- 1/2 cup water
- Dash chervil or rosemary
- 1/2 bay leaf
- 3/4 cup dairy sour cream
- 1 cup diced celery
- 1 package (8 ounces) egg noodles
- 1 package (10 ounces) frozen broccoli spears

Mix flour, salt and pepper; coat meat. Melt shortening in large skillet; brown meat. Add mushrooms and onion; cook and stir until onion is tender.

Add tomato juice, water and seasonings; heat to boiling. Reduce heat; simmer uncovered until meat is tender, about 25 minutes. Stir in sour cream and celery. Cover; simmer 15 minutes.

While meat mixture simmers, cook noodles as directed on package; drain. Cook broccoli as directed on package; drain.

Arrange noodles in ring on serving platter. Pour veal mixture in center of ring; arrange broccoli around ring. 6 servings.

Irene Nerrie

HAM CASSEROLE

62.

- 1 10oz. pkg. frozen chopped broccoli
- 1 10 $\frac{1}{2}$ oz. can celery soup
- 1 10 $\frac{1}{2}$ oz. can mushroom soup
- 2 $\frac{1}{2}$ cup ham, cut into bite-sized pieces
- 1 8 oz. pkg. wide noodles, cooked
- $\frac{3}{4}$ cup sharp cheddar cheese, grated

Bring $\frac{1}{2}$ cup water to boil; add broccoli and cook slightly. Remove from heat immediately; combine with soups and ham. Alternate layers of noodles and ham mixture in 8 x 12 x 2-inch baking dish. Sprinkle top with cheese. Bake at 350 degrees for 45 minutes. Yield: 6 servings.

MACARONI AND CHEESE

- $\frac{1}{2}$ cup chopped cooked ham
- $\frac{1}{4}$ cup chopped onion
- 2 tablespoons butter or margarine
- 1 10 $\frac{1}{2}$ oz. condensed cream of mushroom soup
- $\frac{1}{2}$ cup milk
- 1 cup shredded sharp cheddar cheese
- 2 cup cooked macaroni
- 2 tablespoons buttered cracker-crumbs

Brown ham and onion in butter to a golden brown. Stir in soup, milk and $\frac{3}{4}$ cup cheese; heat till cheese melts, stirring occasionally. Blend with macaroni; pour in buttered 1 $\frac{1}{2}$ -quart casserole. Sprinkle with remaining cheese; top with cracker crumbs. Bake in 350 degree oven 30 minutes until browned to a golden colour. Yield: 4 servings.

Irene Nerrie

HAM AND POTATO CASSEROLE

- 2 cups baked ham, cut into bite-sized pieces
- 4 cups sliced potatoes
- 1 cup diced celery
- 1 can cream of chicken soup
- 1 cup milk
- $\frac{1}{2}$ tsp. salt
- 1 cup grated cheddar cheese

Combine first 3 ingredients in butter casserole. Mix soup, milk and salt; pour over casserole. Bake at 300 degrees for 40 minutes. Sprinkle cheese on top; bake until cheese melts.

HAM AND MUSHROOM CASSEROLE

- 1 $\frac{1}{2}$ oz. macaroni
- 1 cup thin white sauce
- $\frac{1}{2}$ oz. American cheese
- 1 cup diced ham
- $\frac{1}{4}$ lb. sliced mushrooms
- 1 small onion, chopped
- 2 tablespoons butter
- Crumbs

Boil macaroni in salted water; rinse in cold water. Add white sauce and cheese and heat. Saute ham, mushrooms and onion in butter. Combine all ingredients except crumbs and place in casserole. Sprinkle with crumbs. Bake in 300 degree oven 30 minutes.

HAM & POTATOES IN SOUR CREAM

- 1 cup chopped onion
- 5 tablespoons butter
- 1 tablespoon flour
- 1 $\frac{1}{4}$ cups beef stock
- 1 cup sour cream
- 1/8 teaspoon cayenne pepper
- 6 small potatoes (1 lb. cooked and sliced
 $\frac{1}{4}$ " thick)
- 3/4 lb. cooked ham, (cubed $\frac{1}{2}$ " x $\frac{1}{2}$ ")
- 1 medium dill pickle, thinly sliced (optional)
- $\frac{1}{2}$ cup grated cheddar cheese

Cook onion in 2 tablespoons butter until tender. Add flour and cook 2 minutes more. Stir in stock, sour cream and cayenne pepper. Cook over low heat for 5 minutes. In a large skillet, sauté the potato slices without browning. Combine sauce, ham, potatoes and pickle. Put in a shallow casserole and top with cheese. Bake in a 375° oven for half an hour until cheese is melted and bubbly. Can be made a day ahead. Serves 4.

MISTER BUMBLE'S CELEBRATION CHICKEN

(Serves 4)

- 2½ lbs. cut up chicken
- 1 envelope Lipton onion soup mix
- ½ cup ketchup
- ¼ cup brown sugar
- ¼ cup water

Place a large sheet of aluminum foil onto a shallow 10" x 15" baking pan. Foil should overlap the pan on all sides.

Arrange chicken pieces in a single layer on the foil.

Combine soup mix, ketchup, brown sugar and water, and pour evenly over chicken.

Cover with foil and seal around edges to make a completely enclosed package.

Bake at 375°F. for 50 minutes. Remove chicken to a serving platter and spoon sauce over it.

SHELL MACARONI, MUSHROOM AND WHATEVER
CASSEROLE

Lots of butter (about $\frac{1}{2}$ lb) - melt in large frying pan.

Dice onions (about 3) celery and green pepper - Fry slowly until browned.

Add diced cooked chicken (or whatever) and 2 cans of Cream of Mushroom Soup.

Cook until everything is nicely blended.

Add to your cooked shells and mix well.

You can serve right away or keep.

(Reheat in oven at 350°).

DIJON CHICKEN

67.

- 1/4 cup Dijon mustard
- 2 tablespoons minced shallots
- 1/4 teaspoon tarragon leaves crushed
- 1/8 teaspoon liquid hot pepper sauce
- 5 tablespoons melted margarine
- 1 (2½ pound) frying chicken, cut up
- 3/4 cup fine dry bread crumbs.

In small bowl, blend together mustard, shallots, tarragon, hot pepper sauce and 1 tablespoon margarine. Spread mixture over chicken pieces. Coat with bread crumbs. Arrange chicken pieces in baking dish. Drizzle remaining 4 tablespoons melted margarine over chicken.

Bake at 375 degrees about 1 hour or until done. Makes about 4 servings.

Irene Nerrie

CHICKEN IN PATTY SHELLS

68.

- 1/4 cup (1/2 stick) butter or margarine
- 1/4 cup chopped green pepper
- 1/4 cup sliced green onion
- 6 tablespoons flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups chicken broth
- 1 1/2 cups milk
- 3 cups cubed cooked chicken or turkey
- 1 cup cooked peas
- 1/4 cup chopped pimento
- 1 cup quartered orange pieces
- 1 cup halved green grapes
- 1/4 cup Bacardi light rum
- 8 baked patty shells

In large saucepan, melt butter. Add green pepper and onions and cook until soft. Add flour and cook until bubbly and smooth. Remove from heat and gradually blend in broth and milk. Cook, stirring, until thickened and smooth. Add chicken, peas, pimento, orange, grapes and rum. Heat, stirring occasionally. Serve in patty shells. Makes 8 servings.

Irene Nerrie

EXOTIC CHICKEN CURRY
(Kay Kingsland)

1½ cup diced cooked chicken
¼ cup butter
1 teaspoon finely chopped onion
¼ cup flour
1 cup seedless grapes
2 cups milk
1 teaspoon curry powder
1½ tsp. salt (to taste)
1 cup well drained mandarin orange slices
Serve over hot rice.

Melt butter over low heat, blend in flour, gradually stir in milk, cook stirring constantly. Add onions, curry, salt, chicken, and fruit. Stir gently so as not to break fruit. Bake in slow oven (200-250°) for 20 to 30 minutes.

SALMON QUICHE

1 can salmon (8 oz.)
2 cups shredded Swiss cheese
1 teaspoon grated onion
1 tablespoon flour
 $\frac{1}{2}$ teaspoon salt (1 used seasoned salt)
3 eggs
1 cup milk
9" unbaked pastry shell

Drain salmon, remove skin and bones, flake fish, combine cheese, onion, flour and salt in bowl. Fill shell with alternate layers of salmon and cheese mixture.

Beat eggs and milk and pour over layers.

Bake at 450° for 15 minutes and continue baking at 350° for another thirty minutes.

H.T.

SHRIMP DE JONGHE

(Serves 6 to 8)

1 cup melted butter
1/3 cup chopped parsley
dash cayenne pepper
2 cups soft bread crumbs
2 cloves garlic minced
1/2 tsp. paprika
2/3 cup sherry
3 lbs. shrimp (cooked)

To melted butter, add garlic, parsley, paprika, cayenne and sherry; mix, - add bread crumbs and toss.

Place shrimp in 11" x 7" x 1 1/2" baking dish.
Spoon the butter mixture over.
Bake at 325°F. for 20-25 min.

SALMON MOUSSE

- 2 x 7½ oz. tins of salmon
- 1 teaspoon salt
- 1 teaspoon mustard (dry)
- 1 tablespoon brown sugar
- ½ teaspoon tabasco
- ½ cup milk
- 1 tablespoon gelatine
- 2 egg yolks

Flake salmon in bowl. Combine salt, sugar, mustard and tabasco in saucepan, add milk and mix, bring to boil. Blend yolks in separate bowl, pour on boiling milk beating all the time. Return milk mixture to saucepan and cook, stirring constantly till mixture thickens slightly. Add gelatine dissolved in a little water, cool, mix with salmon. Rinse mould with cold water, pour in salmon mixture, place in refrigerator till set.

Gently pull edges of mousse away from mould, invert on plate and garnish with cucumber. Serve with salad and mayonnaise. If desired, grated drained cucumber can be mixed with mayonnaise.

Can be made one or two days ahead.

QUICK COQUILLES ST. JACQUES

(From: Margo Oliver's Most Treasured Recipes)

1 lb. scallops
 2/3 cup dry white table wine
 1/3 cup water
 2 sprigs parsley
 1 small onion, cut in half
 3 tbsp. butter
 1 cup sliced fresh mushrooms
 1 tbsp. flour
 1/2 tsp. salt
 1/8 tsp. pepper
 2 tbsp. lemon juice
 10 oz. can cream of shrimp soup
 1 egg yolk
 1/3 cup heavy cream
 1/2 cup butter
 1 cup small bread cubes (1/8 inch)
 1/2 cup grated Parmesan cheese
 Paprika

I use shrimps and scallops - (more scallops than shrimps).

Rinse scallops. Heat wine, water, parsley and onion to boiling in saucepan. Add scallops and simmer 5 minutes. Drain, saving cooking water but discard parsley and onion. Cut scallops in halves if large.

Heat 3 tbsp. butter in saucepan and add mushrooms. Cook gently 3 minutes. Sprinkle in flour, 1/2 tsp. salt, 1/8 tsp. pepper and let bubble. Remove from heat and add lemon juice and 1/2 cup of scallop cooking water all at once. Return to heat and cook gently, stirring until boiling and smooth.

Add undiluted shrimp soup and blend well.

Beat egg yolk and cream together with a fork. Stir into soup mixture. Add scallops and heat.

Melt $\frac{1}{2}$ cup butter in skillet. Add bread cubes and heat, stirring until bread is golden brown. Remove from heat and mix in cheese lightly.

Pile scallop mixture into 6 scallop shells or individual serving dishes, if desired. Sprinkle with bread cubes-cheese mixture and then with paprika.

Put low under broiler (middle of the oven) and broil about 5 minutes or until heated through and browned (watch carefully so tops don't burn). Serve immediately.

Serves 6.

(I tripled the recipe and used 2 lbs. scallops and 1 lb. shrimps).

Anne Pike

SALMON LOAF

2 cups flaked salmon
1 cup white sauce
 $\frac{1}{2}$ cup milk
1 beaten egg
1 cup breadcrumbs
 $\frac{1}{2}$ cup chopped celery
 $\frac{1}{2}$ tsp. salt
1 tbsp. lemon juice

Mix well and bake in greased Pyrex bread pan in 350° oven for 30 minutes.

Serve with white sauce to which $\frac{1}{2}$ cup shredded carrot has been added.

Serves 4.

Anne Weimeright

LUNCH - SUMMERTIMECURRIED FISH SALAD WITH FENNEL

1 lb. scallops - poach (3 -5 minutes in white wine)
½ lb. green seedless grapes
1 package whole almonds, toasted
Segments of tangerine/or orange

Mix above ingredients gently in a sauce made as follows:-

½ cup mayonnaise
juice ½ lemon
dash tomato ketchup
3 tablespoons sherry
Add to taste, fennel powder and curry powder

Refrigerate.

Serve cold on a bed of lettuce with warm new potatoes.

S. A. Harrington

FISHERMAN'S PIE

A dish enjoyed by most people, including children but make sure all bones are removed. If made for the freezer, it would be better to omit the eggs.

- 1½ lbs. fresh haddock or cod
(turbot or sole best for small children)
- ½ lb. prawns
- 3 hard boiled eggs
- 1 pt. white sauce made with 4 ozs. butter,
4 ozs. flour and 1 pt. milk
- Salt and pepper
- juice of 1 lemon
- Mashed potatoes
- Chopped chives

Cook the fish in the milk, strain. Keep the milk for the white sauce and flake the fish into a pie dish.

Add prawns and chopped eggs.

Make white sauce

Add lemon juice and seasoning and mix with the fish.

Pile mashed potatoes, beaten with milk and butter and freshly chopped chives on top of the pie and

place in oven at 400°F. (Mark 6 gas) for ½ an hour.

Serves 4.

Anne Weinwright

SHELL FISH CASSEROLE

This dish is now very expensive owing to high price of shrimps etc. Cheaper white fish can be substituted here and there to reduce cost.

- 8 - 10 ozs shrimps
- 8 ozs. frozen or canned lobster
- 6 ozs scallops
- 1/3 cup of butter
- 2 cups finely sliced mushrooms
- 1/2 cup finely chopped onion
- 1/3 cup of flour
- 1/2 teaspoon salt
- 1-3/4 cups milk
- 1 1/4 cups light cream
- 4 tablespoons dry sherry
- 2 cups crushed rice crispies

Sauté onions and mushrooms lightly in the butter with salt. Add flour, milk and cream very slowly until the sauce is hot and smooth. Add the sherry. Arrange the fish in a deep casserole and pour the sauce over it. Sprinkle the top with the crushed rice crispies and dot it with butter.

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SHELL FISH CASSEROLE (continued)....

(or roll the crumbs first in melted butter).
 Bake uncovered at 375° for about 25 minutes.
 Serves about 10.

N.B. If canned fish is used, it must be
 drained. This dish is improved if made the
 day before and refrigerated. Reheat very
 slowly for about 30 minutes, and do not
 allow to boil or sauce with separate.

BLUEBERRY SHORTCAKE

Biscuits: 2½ cups flour
 2 tablespoons baking powder
 1 tablespoon sugar
 1 teaspoon salt
 4 ozs. chilled, unsalted butter
 1-1¼ cups heavy cream

Preheat oven to 425°. Mix first four ingredients in a bowl. Cut butter into small pieces and add to flour. With a pastry blender, cut in butter until mixture resembles coarse meal. Stir in 1 cup of cream and lightly mix into a soft dough, adding more cream if necessary. Place dough on lightly floured board. Knead a few times and roll out to ½ inch thickness. Cut into 6 3-inch rounds. Bake at 425° until golden, about 15 to 20 minutes.

Blueberry sauce: 1 quart blueberries washed
 1 tablespoon flour
 ¼ cup sugar
 2 tablespoons lemon juice
 1 cup heavy cream whipped

Combine all ingredients, except cream, in a heavy saucepan. Cook over medium heat 5 to 10 minutes until the blueberries start to give off juice. Split hot biscuits and put warm berries between the layers and on top. Serve with whipped cream. Serves 6.

COFFEE PARFAIT

- 1 tablespoon freeze-dried coffee dissolved
in 1 tablespoon boiling water
- 1 cup 15% cream
- $\frac{1}{4}$ teaspoon vanilla
- 2 egg yolks
- 1 cup confectioners' sugar, sifted
- 1 pint whipping cream

Heat cream, coffee and vanilla to the boiling point. Let stand 20 minutes or more. Beat egg yolk until lemon colour, slowly add the sugar and beat until very thick and almost white. Stir in coffee-cream mixture. Refrigerate for at least 1 hour. Whip cream and fold into coffee mixture. Serve in tall glasses topped with whipped cream if desired.

Serves 6.

Can be made a day ahead, with whipped cream added just before serving. This dessert is very rich, but delicious.

BULGARIAN FRUIT SALAD

3 apples, peeled and thinly sliced
4 pears, peeled and thinly sliced
1 orange, peeled and thinly sliced
1 cup canned or fresh cherries, pitted
1 cup melon balls, fresh or frozen
 $\frac{1}{2}$ cup sugar
2-1/3 cups white wine
 $\frac{1}{4}$ cup brandy

Combine all the fruit and sprinkle with sugar. Mix wine and brandy. Pour over fruit and toss gently but thoroughly. Refrigerate at least 3 hours and serve very cold.
Serves 6.

TIA MARIA ICE CREAM

- 2 eggs, separated
- 1 cup sifted confectioner's sugar
- 2 to 3 teaspoons Instant coffee, dissolved
in 1 to 2 tablespoons water
- 3 tablespoons Tia Maria
- 2/3 cup of whipping cream

Beat egg whites until very stiff, then beat in sugar gradually. In another basin beat egg yolks, coffee and Tia Maria together, then beat this gradually into egg whites. Lightly whip the cream and fold into coffee mixture. Place in a shallow dish and freeze. There is no need to whip this ice cream during freezing.

Serves 4

CINNAMON APPLES

(Kay Kingsland)

 $\frac{1}{2}$ cup margarine or butter $\frac{1}{2}$ cup brown sugar

2 teaspoons cinnamon

2 tablespoons water

8 medium eating apples - unpeeled, cored
and sliced (thickish)

In pan melt margarine, add sugar, cinnamon and water. Simmer till sugar dissolves. Add apples. Stir around until apples are well coated. Cover and bring to a boil, reduce heat and simmer, stirring occasionally to coat apples. Cook until apples are tender NOT mushy. Cool and serve at room temperature either topped with light cream or over ice-cream.

BOODLES ORANGE FOOL

Cover the bottom of a glass bowl with some home-made sponge cake or 6 trifle sponges cut in small pieces.

2 large oranges

1 lemon

1½ ozs. sugar

½ pt. cream

Grate rind of the oranges and lemon and squeeze the juice. Mix together and add sugar. Pour a little over the sponge.

Whip cream and add the rest of the juice slowly when the cream is just holding peaks.

Pour over sponge and refrigerate.

Serves 4.

Anne Weinwright

HOT APRICOTS WITH BRANDY

- 1 oz. butter
- 2 ozs. sugar
- 1 can apricot halves (1 lb. 13 oz.)
- $\frac{1}{2}$ pt. whipping cream
- 1 tablespoon brandy

Melt butter in a large frying pan. Add sugar and well drained apricot halves (or peach halves). Fry over moderate heat until butter and sugar turn to thick syrup and begin to caramelize. This takes about 5 minutes.

When ready apricots take on a glazed appearance and syrup becomes very thick. Stir and turn apricots gently to prevent them sticking. When ready draw off the heat and immediately pour over cream. Add brandy, blend and serve hot.

N.B. This recipe cannot be made in advance, but it is worth waiting for!

Anne Weinwright

BAKED SPICY PRUNE FLUFF

Prune whip done up with fragrant spices and shredded coconut makes a dessert that deserves a place on your favourite company menu.

Combine one-half cup sugar, one quarter teaspoon salt, one-quarter teaspoon cinnamon, one-eighth teaspoon nutmeg, one-eighth ground cloves, and one-half teaspoon lemon rind. Beat whites of four eggs until foamy throughout, and add sugar mixture gradually, continually beating until mixture will stand in stiff peaks. Fold in one cup pureed prunes and one cup shredded coconut, and turn into greased one and one-half quart baking dish. Place in pan of hot water and bake in slow oven (325° F.) for 45 minutes, or until firm. Serve at once with cream.

Makes 8 servings.

BAKED PEARS

In a bowl combine $\frac{1}{2}$ cup each of grenadine and water and $\frac{1}{4}$ cup lemon juice. Peel 6 Anjou pears and core them from the blossom end, leaving the stems intact. Arrange the pears stem side up in an ovenproof dish just large enough to hold them in one layer, pour the grenadine mixture over them, and bake them in a preheated moderately slow oven (325° F.), basting them frequently, for 30 minutes, or until they are just tender. Let the pears cool in the syrup, basting them frequently. Transfer the pears to a serving dish and serve them at room temperature or slightly chilled.

Serves 6.

ORANGE-APRICOT SHERBET

1 cup light cream
1 cup sugar
3/4 cup corn syrup
1 cup canned apricot nectar
1 cup fresh orange juice
1/2 cup fresh lemon juice
2 tsp. grated orange rind
1 tsp. grated lemon rind
2 egg whites

Combine cream, sugar and corn syrup in saucepan. Heat to scalding. Remove from heat and cool. Stir in apricot nectar, orange juice, lemon juice, orange and lemon rind. Pour into a metal pan and freeze until firm.

Beat egg whites until stiff. Put frozen sherbet in chilled bowl and beat until fluffy (work quickly so sherbet doesn't melt). Fold in egg whites. Return to pan and freeze until firm. (Makes about 1 qt.).

Note: As a special treat try layering this refreshing sherbet in parfait glasses with coffee liqueur between the layers.

CARAMEL FUDGE PIE FILLING OR SAUCE

1 or more tins condensed milk

Place unopened tins in pan deep enough to allow water to cover tins. Boil for 3 hours being careful to keep tins completely covered with water. (If tins are not completely covered they will explode!). Remove from water and cool.

Use in pie shell or graham cracker shell.

To make sauce let down with evaporated milk to desired consistency.

Tins will keep indefinitely unopened.

89. 90.

PINEAPPLE CREAM DESSERT CAKE

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ol.
- 1 Angel Food Cake or Chiffon Cake
 - 1 can Crushed Pineapple (18 oz. 1 think)
 - 1 pint Whipping Cream
 - 1 small pkg. Vanilla Pudding (not instant)

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Combine crushed pineapple (undrained) and vanilla pudding powder in a saucepan - heat and stir over medium heat until bubbles break surface and is thickened. Chill, then fold into whipped cream.

Cut cake into two or three layers, then fill and cover with pineapple and whipped cream mixture.

Chill for several hours before serving.

